



Pete von Reichbauer
(pronounced von-Rite-bow-er)

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Farm Fresh News from

King County Councilmember

Pete von Reichbauer

Dear Friends,

It is a pleasure to share my annual Farm Fresh newsletter with you. This newsletter is your personal guide to local farms and farmers markets throughout our region.

Depending on the market and season you can find a wide selection of culinary delights including: fruits, vegetables, herbs, meats, cheeses, milk, jams and jellies, wines and sauces, breads, seafood, as well as other local goods such as plants, flowers and handcrafted items.

We often think about the impact that our diet has on our health, but as our food travels from field to plate it also affects our local economy and landscape. When you buy locally you are investing in your community and supporting a sustainable regional food system that helps small family farms stay in business. By supporting our local farms, you are ensuring job security and creation, especially in our rural communities.

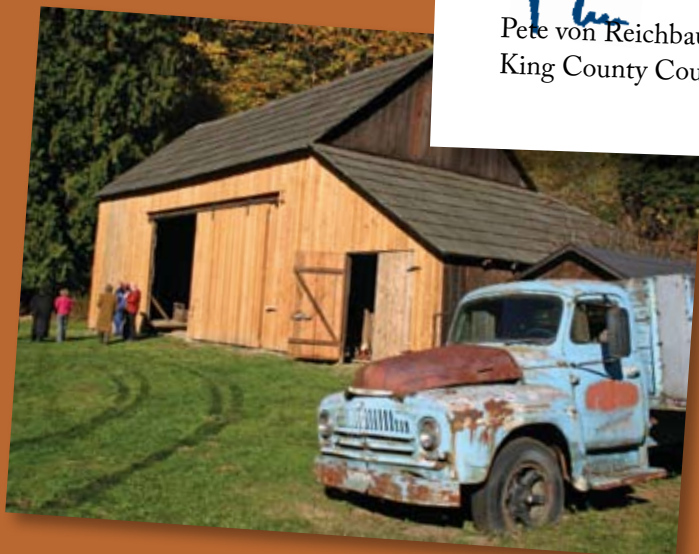
Nothing compares to the freshness, quality, flavor, and variety you will find at your own neighborhood farmers market. For additional information www.pugetsoundfresh.com or you can always call my office at (206) 296-1007 or e-mail me at pete.vonreichbauer@kingcounty.gov.

With best wishes,

A stylized, handwritten signature in blue ink, appearing to be 'P. von Reichbauer'.

Pete von Reichbauer
King County Councilmember

Summer 2009



Markets

1 Renton Farmers Market

Enjoy locally grown fresh produce, homemade baked goods, meats, seafood, cheese, flowers and live entertainment. Taste local restaurant samples and experience live chef demos.

Open: Tuesdays, 3 - 7 pm,
June 2 - September 15.

Address: Piazza Park 3rd Ave S & Burnett, Renton

Tel: (425) 430-7214 or (425) 679-1502

Directions: From I-405, take exit 4. Merge onto Sunset Blvd N/WA 900; slight right on Bronson Way N/WA 900. Keep right to 2nd Ave S, left on Logan Ave. Parking available in garage and on street.

2 Burien Farmers Market

The market has 40-50 vendors each week, offering shoppers farm fresh products, flowers, fresh baked goods, handmade items and food booths with delicious treats. Lots of easy parking.

Open: Thursdays, 11 am - 6 pm,
May 7 - October 15.

Address: Town Square Park,
SW 152nd St & 5th SW,
Burien Town Square, Burien

Tel: (206) 941-7199

E-mail: debrageorgemi@aol.com

Web: www.discoverburien.com

Directions: 10 minutes west of SeaTac Airport on SW 152nd St.

3 Vashon Farmers Market

Open: Saturdays, 10 am - 2 pm, March 21 - December 12. Closed July 18 and November 28. Wednesdays, 2 - 6 pm, July 15 - October 14.

Special pre-Strawberry Festival Farmers Market on Friday, July 17,
10 am - 2 pm in the Village Green.

Address: In the Village Green in downtown Vashon

Tel: (206) 267-8146

E-mail: farmersmarket@vigavashon.org

Web: www.vigavashon.org

4 SeaTac Farmers Market *NEW Location*

You will find beautiful flower bouquets, farm-fresh fruits and vegetables. Our community marketplace offers free weekly entertainment, along with family friendly theme days.

Open: Sundays, noon - 4 pm,
July 12 - October 11.

Address: Valley Ridge Park,
4644 S 188th St, SeaTac

Tel: (206) 973-4763

E-mail: tolson@ci.seatac.wa.us

Web: www.ci.seatac.wa.us/services/seatacmarket.htm

Directions: Off I-5, exit 152. North-bound use Orillia Rd; southbound use S 188th St. Right at 46th Ave S.

5 Des Moines Farmers Market

You'll find fresh fruit, vegetables, flowers, cheese, honey and baked goods. Visit our website for featured musicians and special event information. We accept WIC coupons.

Open: Saturdays, 10 am - 2 pm,
June - October.



Address: Des Moines Marina 227th & Dock St, Des Moines

Tel: (206) 650-3383

E-mail: Market@DMFM.org

Web: www.DMFM.org

Directions: From I-5, Kent/Des Moines exit, west to Marine View Drive S (Rte. 509). West onto S 227th to Marina.

6 Kent Farmers Market

Bring the family and enjoy fresh farm products, flowers, crafts & food at our open-air market. Located at the "Town Square Plaza" at the major intersection

of 2nd Ave. & Smith St., between Kent Station and Downtown Kent, next to the Kent Library.

Open: Saturdays, 9 am - 3 pm,
June 6 - September 26. No market July 4, July 11.

Address: 2nd & Harrison, Kent

Tel: (253) 486-9316

E-mail: kentlions@gmail.com

Web: www.kentfarmersmarket.com

Directions: From I-5, take the Kent-Des Moines exit, go east, left on 4th, right on Smith. From Hwy 167, take the Willis St exit, go east, then left on 4th, right on Smith. From I-405, take Kent-Auburn exit onto Hwy 167, then take the Willis St exit, go east, then left on 4th, right on Smith.

7 Maple Valley Farmers Market *NEW*

Select local and regional farm-fresh grown produce, organic meats, eggs, baked goods, honey and more for your week's menu. Espresso, products made from lavender and emu oils, fresh cut flowers, and handmade crafts and artwork from community artists. Accepting farmer applications.

Open: Saturdays, 9 am - 1 pm,
June 20 - October 10. No market July 4.

Address: Rock Creek Elementary School, 25700 Maple Valley-Black Diamond Rd SE, Maple Valley (Maple Valley Highway).

Tel: (425) 413-1589

E-mail:

info@maplevalleyfarmersmarket.org

Web:

www.maplevalleyfarmersmarket.org

8 Federal Way Farmers Market

Vendors change weekly and sell fresh cut flowers, bakery products, honey, coffee, local crafters sell jewelry, bird-houses, pottery, candles, clothing, baby items, and pet supplies. Nursery vendors offer hanging flowers, plants, vegetable starts. Master Gardener always on site. Special event days for the whole family. Enjoy snacks, breakfast, lunch in covered eating areas while listening to live music. Plenty parking, handicap accessible.

Crop Schedule

Weather may change harvest dates

 harvesting season

Compiled by
Councilmember
Pete von Reichbauer

	Jan	Feb	Mar	Apr	May	June	July	Aug	Sep	Oct	Nov	Dec
Apples (Fresh Picked)												
Asparagus												
Beans												
Beets												
Blackberries												
Blueberries												
Boysenberries												
Broccoli												
Brussels Sprouts												
Cabbage												
Carrots												
Cauliflower												
Celery												
Cherries (Pie)												
Cherries (Sweet)												
Corn												
Cucumbers												
Currants												
Dill												
Garlic												
Gooseberries												
Herbs												
Honey												
Lettuce												
Logan Berries												
Marion Berries												
Melons												
Nuts												
Onions												
Peas												
Peppers												
Plants (Bedding)												
Potatoes												
Pumpkins												
Quince												
Raspberries												
Raspberries (Fall)												
Rhubarb												
Spinach												
Squash												
Strawberries (June)												
Strawberries(Everbearing)												
Tomatoes												
Zucchini												



Accepting WIC, SFMNP checks.

Open: Saturdays, 9 am - 3 pm,
May 9 - October 31.

Address: Sears parking lot, 1701
S 320th, Federal Way

Tel: (253) 261-8157

E-mail: federalwayfarmersmarket@
yahoo.com

Web:

www.federalwayfarmersmarket.com

Directions: Directly off I-5; exit on
320th St, go west, Sears parking lot.

9 Auburn International Farmers Market *NEW*

A partnership between the cities of
Albion, Auburn, and Pacific. Come
taste and take home the local vegetables,
fruits and meats. The aroma of home-
made German breads will permeate the
air. Fun programs for the family.

Open: Sundays, 11 am - 3 pm, June 14
(Flag Day) - September 27.

Address: Located at A St & 2nd St SW,
Auburn Transit Center

Tel: (253) 266-2726

E-mail: lbrinke@auburnwa.gov



10 Proctor Farmers Market

It features organic fruits, vegetables,
herbs, plants, cut flowers, fresh salmon,
shellfish, grass fed meats and cheeses,
as well as hot food and bakery items.
You can also enjoy live music each week,
seasonal workshops and special events.

Open: Saturdays, 9 am - 2 pm,
April 4 - November 21.

Address: N 27th & Proctor on N 27th,
Tacoma

Tel: (253) 961-3666

E-mail: proctorfm@yahoo.com

Web: www.proctorfarmersmarket.com

Directions: From I-5 City Center exit,
take Schuster Parkway to N 30th St.
Travel on N 30th St to Proctor. Turn
left on Proctor. Market is on N 27th at
Proctor.

11 Tacoma & 6th Avenue Farmers Market

Markets feature many local growers,
heritage produce, flowers, meat, locally
crafted processed edibles and beautiful
artisan products.

Open: Thursdays, 9 am - 2 pm,
May - October.

Address: 905 Broadway, between 9th &
11th, Tacoma

AND ALSO

Open: Tuesdays, 3:30 pm - 7:30 pm,
June - September.

Address: N Pine St between 6th Ave &
N 7th St, Tacoma

Tel: (253) 272-7077

E-mail: laura@tacomafarmersmarket,
Cethave@tacomafarmersmarket.com

Web: www.tacomafarmersmarket.com

Directions: Please see website.

12 Country Farmers Market

Country Farmers Market is a full service
on-farm market specializing in local
produce, products, pure locally made
ciders, and fruit wines, gifts and gift
baskets. Please stop by, tour the market,
vegetable and flower gardens, get your
free sample of our decadent locally
made fudge.

Open: Seven days a week,
10 am - 7 pm, May - October.

Address: 40709 264th Ave SE,
Enumclaw

Tel: (360) 802-6800

Web: www.countryfarmersmarket.com

Directions: Located 2 miles north of
Enumclaw on west side of Hwy 169.

13 Puyallup Main Street Association Farmers Market

The 2009 season will celebrate the
Market's 25th Anniversary. We are open
rain or shine. Join us all season long
for a market packed with locally grown
fresh produce, seafood, healthy nursery
stock, flowers, baked goods, handcrafted

gifts and delicious foods.

Open: Saturdays, 9 am - 2 pm,
May - October;

Sundays 10 am - 2 pm, May - August.

Address: Pioneer Park and Pavilion
330 S Meridian, Puyallup

Tel: (253) 840-2631

E-mail: farmersmarket@
puyallupmainstreet.com

Web: www.puyallupmainstreet.com

14 Orting Farmers Market

With Mt. Rainier as the backdrop, the
Foothills Trail at the foot, the Orting
Saturday Market is a meeting place as
well as a place for everyone. Bring your
bikes, have some lunch and enjoy our
version of country living with modern
amenities.

Open: Saturdays, 9 am - 2 pm,
July 11 - August 22.

Address: Corner of Washington Ave N
& Calistoga St W, Orting

Tel: (360) 893-2219 x120

E-mail: bmeek@cityoforting.org

Web: www.cityoforting.org

Directions: In downtown Orting, right
on the corner of Washington (Hwy 162)
and Calistoga.

Farms

15 The Country Store and Gardens

There is a variety of veggie and herb
starts (culinary and medicinal). Corn in
late August and other produce through-
out the season. U-Pick blueberries,
Asian pears and filbert nuts, and cut
flowers on pre-order. Both nurseries
have hard-to-find shrubs and perennials.

Open: Monday - Saturday, 9:30 am -
5 pm, Sunday noon - 3 pm, year-round.

Address: 20211 Vashon Hwy SW,
Vashon Island

Tel: (206) 463-3655

E-mail:

info@countrystoreandgardens.com

Web: www.countrystoreplants.com

Mail order plants online from
our website.

Directions: Look for a large early

1900's style building on the west side of the main highway, 8 miles from either ferry, at the center of the island.

16 **Serena Farms**

Serena Farms is one of the largest pumpkin growers in Western Washington, with a wide selection of varieties to choose from. Come and enjoy our U-Pick pumpkin patch, Corn Maze and Hay Ride this fall. Plus, a wide variety of winter squashes to choose from.

Open: Daily, noon-dusk, October 3-31

Address: 4400 S 212th St, Kent

Tel: (253) 261-8789

E-mail: Jser316@hotmail.com

Directions: U-Pick field is located on the corner of 212th and Orillia Road, just below SeaTac airport, off I-5. From I-5, take Orillia Rd S exit and turn right until it turns into 212th.

17 **Carpinito Brothers Farm**

Open year-round for all your landscaping and gardening needs. Bark, topsoil, gravel delivered or U-haul, flowers, hanging baskets, vegetable starts, planters, and a large nursery stock. June to November. We feature a variety of Carpinito grown farm fresh produce including lettuces, corn, cabbage, bunched greens, winter squash, plus seasonal produce from local growers. In October our U-Pick pumpkin patch & Corn Maze is open daily. December brings a huge selection of green and flocked Christmas trees, wreaths, garland and poinsettias.

Open: Daily, 9 am - 6 pm, year-round

Address: 1148 N Central Ave, Kent

Tel: (253) 854-5692

E-mail: leonar@carpinito.com

Web: www.carpinito.com

Directions: From Hwy 167, take 84th Ave exit. Left on N Central. Located 1/4 mile south.

18 **Happy Mountain Miniature Cattle Farm**

Of the 26 breeds of Miniature Cattle worldwide, 18 have been developed at this farm. Four breeds have been



developed for beef purposes, both organic and all natural. The others were developed for the Pet, Breeder, Show, Mini Milker and Semen and Embryo markets. We also have a beef store on the farm. All natural grass fed beef featured. Please call or e-mail to arrange a farm tour. No charge for farm tours, but donations are accepted.

Open: Monday - Saturday,
10 am - 2 pm.

Address: 25204 156th Ave SE,
Covington

Tel: (253) 631-1911

E-mail: info@minicattle.com

Web: www.minicattle.com

Directions: From Kent on Hwy 18,
get on SE 256th, go to 156th St.
Turn north, to end on right. See sign.

19 **Whistling Train Farm**

Choose from a huge variety of vegetables—artichokes to zucchini, harvested 10 months of the year. We grow for flavor, quality, and health! Ask about Subscription Programs. Fresh eggs from happy, healthy, pastured hens. Fryers and naturally raised Berkshire pork available by contract.

Address: 27127 78th Ave S, Kent

Tel: (253) 859-5197

E-mail:

shelley@whistlingtrainfarm.com

Web: www.whistlingtrainfarm.com

Directions: From I-5, 272nd St exit,
east 3 miles, left on 78th Ave. From
Kent East Hill, west on 277th St, right
on 78th Ave. From Hwy 167, 277th St
exit, left on 78th Ave. Farm is 1/2 mile
on left.

20 **Lazy River Farm**

We specialize in the finest tasting, naturally grown U-Pick strawberries, raspberries, blueberries & blackberries. Open June through late September. Because of limited supply and high demand, please call ahead to check availability and reserve space.

Open: Monday, Wednesday, and
Saturday, from 9 am, until all

ripe fruit is picked, from June to late September

Address: 27010 78th Ave S, Kent

Tel: (206) 963-5079

Directions: North or south bound on
Hwy 167 between Kent & Auburn, take
the 277th St exit and head east to 78th
Ave S. Turn left (north) for about 3/4
mile on the right (east side of road).

21 **Sunrise Blueberry Farm**

CERTIFIED WSDA/USDA NOP
ORGANIC SINCE 1976. No
herbicides, no fungicides, no synthetic
pesticides, no synthetic fertilizers! The
sweetest blueberries you'll ever taste!
Hand-picked at their peak of freshness!
Fresh flats, washed-ready-to-freeze
cases, and already frozen cases available.
Try our exclusive 20-pound freezer case,
no repackaging necessary! Use them
right out of the case all year long.
Quantity discounts for 10, 20, 30, 40
and 50 pounds or more. Stock up for
winter! Our per pound price is always
less than Saturday farmers' markets.
Your complete satisfaction guaranteed!
Sorry, no U-Pick available.

Open: Usually open daily, 8 am -
5:30 pm, in July, August, and weather
dependent, through mid September.

Always call ahead!

Address: 500 Chicago Ave, Algonia. Just
south of Auburn off Hwy 167.

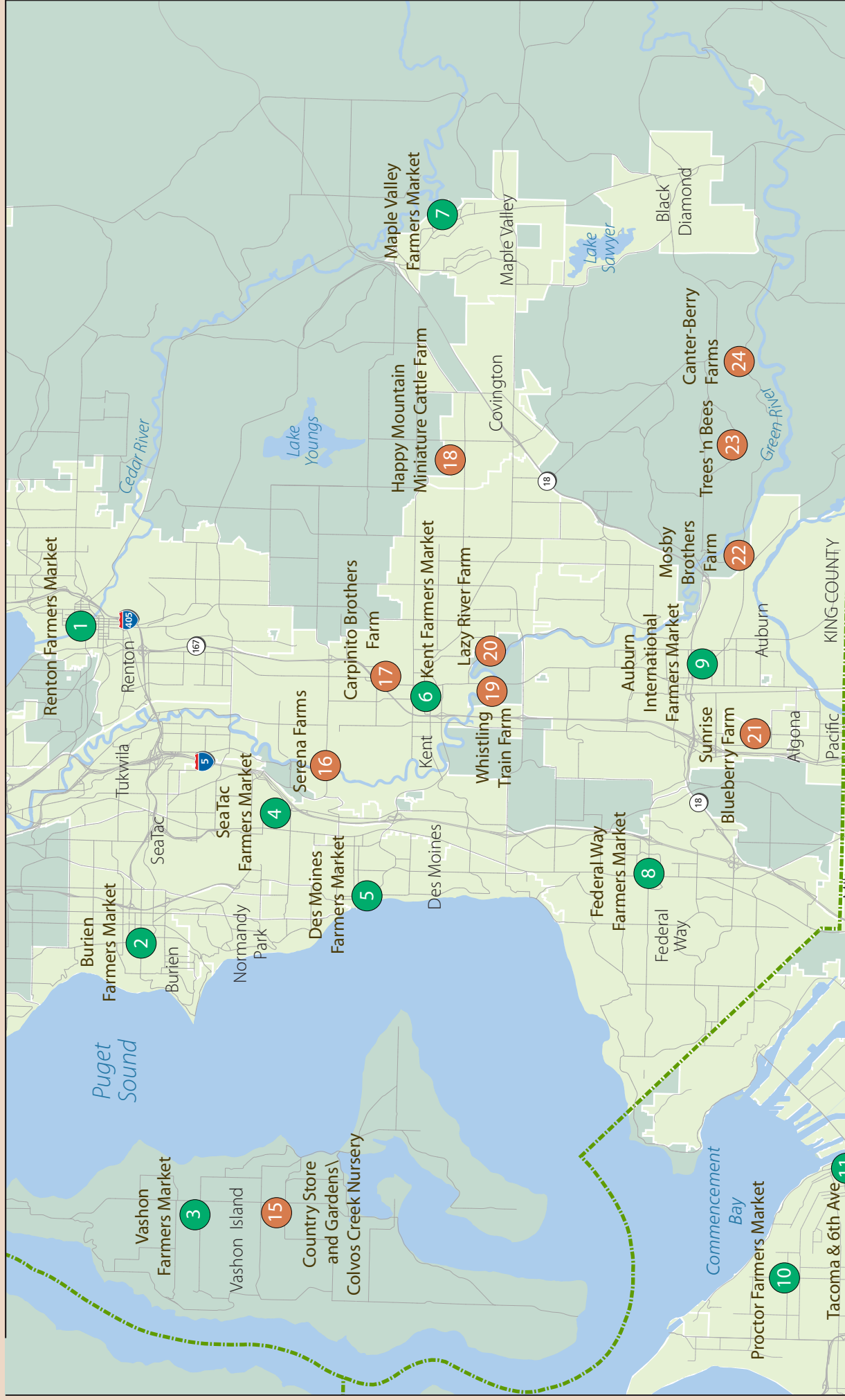
Tel: (253) 333-0352

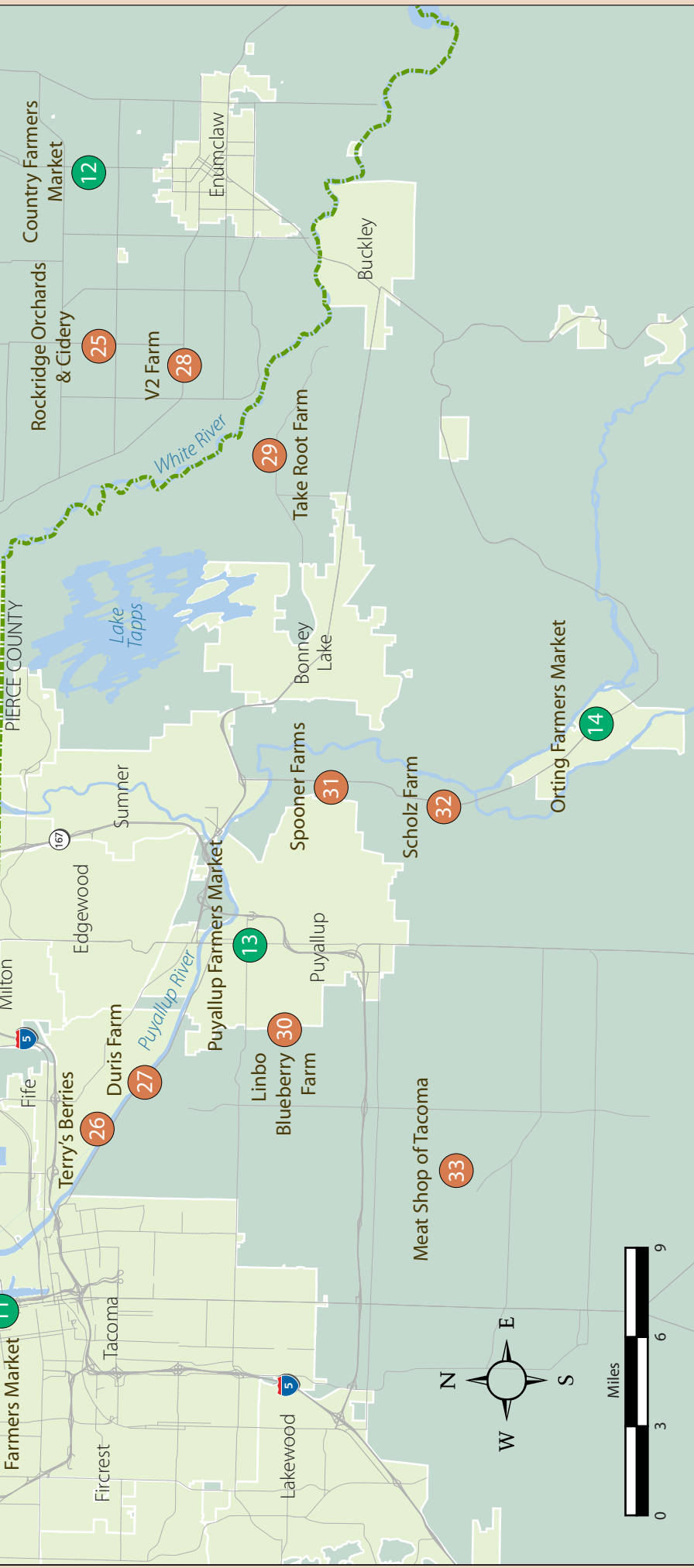
Directions: For complete driving
directions, see our page at
www.pugetsoundfresh.org

22 **Mosby Brothers Farm**

A full complement of locally grown and
seasonal farm fresh fruits and vegetables

Map of farmers markets and farms in south King County





Green circles indicate locations of local farmers markets.

Orange circles indicate locations of local farms.

Please refer to our descriptions by number for information and details.



King County



plus many other items at a good value. Woven baskets, local honey and jams, flower baskets, herbs, eggs, milk, cheese, salsa and gourmet goodies. Special orders for canning available. U-Pick pumpkin patch in October that includes a corn maze and tractor pulled hay rides.

Farm Stand open: Daily, 9 am - 6 pm, May 1 - September 30.

Pumpkin Patch/Corn Maze: October
Address: 12754 SE Green Valley Rd, Auburn

Tel: (253) 939-9431

E-mail: mosbyfarms@earthlink.net

Directions: Take Auburn-Black Diamond exit off Hwy 18, turn right (east), then right again onto SE Green Valley Road. Stand is 1/2 mile on the right. Pumpkin Patch: Head west off freeway exit.

23 Trees 'n Bees, Inc.

Operates on 40 acres, growing Christmas trees and raising honeybees. "The Pavilion" gift shop offers fresh local honey, beekeeping supplies, espresso, unique gift items and Christmas decorations year round. During Christmas season you will find a snack bar, a play area for kids with Christmas videos, our ever expanding petting zoo, delicious homemade fudge, and Mrs. Claus. We grow Douglas Fir, Noble Fir, Grand Fir, Turkish Fir, Sub Alpine Fir, Norway Spruce, others. Fresh, handmade wreaths, garland and holly, too.

Open: Monday, Wednesday, and Thursday, noon - 6 pm; Saturday, 10 am - 4 pm; March - October.

For Xmas trees: Daily, 9 am - 7 pm, day after Thanksgiving till Christmas Eve.

Address: 34747 - 162nd Ave SE, Auburn

Tel: (253) 939-1149 or (866) 627-2857

E-mail: carolyn@treesnbees.com

Web: www.treesnbees.com

Directions: Find more information, full directions, and map on our website, www.treesnbees.com.

24 Canter-Berry Farms

Our small, friendly farm raises both blueberries and American Saddlebred Show Horses. U-Pick blueberries and fresh flowers in season. Frozen blueberries as available. Our Fresh Blueberry Jam, Syrup, Vinegar and Chutney are available all year at our farm salesroom and at our farmers' table at the Pike Place market. Tours (15-50 people) by appointment. Mail-order.

Open: Daily, 8 am - 6 pm, in harvest season beginning approximately mid-July. Holidays and non-harvest months, 10 am - 6 pm; call ahead. Check website for picking days, www.blueberries4u.com.

Address: 19102 SE Green Valley Road, Auburn

Tel: (253) 939-2706

Web: www.blueberries4u.com

Directions: From I-5, take Hwy 18 east, Auburn-Black Diamond Rd exit, keep turning right to SE Green Valley Rd. Farm is 5.5 miles on the left, 2-1/2 miles west of Flaming Geyser State Park.

25 Rockridge Orchards & Cider

Our family-run orchards and farm offer a unique blend of exotic fruits, vegetables, craft hard and soft ciders and fruit wines. Visit our website and take a virtual tour of winery, bamboo forest, farm and orchards. Personal or group Winery/Farm Tours by appointment only, please call or e-mail for schedule and directions.

Open: by appointment

Address: 41127 212th Ave SE, Enumclaw

Tel: (360) 825-1962

E-mail:

jbenett@rockridgeorchards.com

Web: www.rockridgeorchards.com

26 Terry's Berries

Shop at our farm store or join our CSA to reserve your share of the harvest for over 10 months of the year. Huge variety of veggies, U-Pick flowers and herbs. Fresh berries in season or frozen all winter. Farm-fresh eggs year-round. Apple picking & cider pressing on October weekends and U-Pick pumpkins from the pumpkin patch. School tours by appointment.

Open: Farm store open daily, 10 am - 6 pm, May - October; Tuesday and Wednesday rest of year.

Address: 4520 River Rd, Tacoma

Tel: (253) 922-1604

E-mail: terryann@terrysberries.com

Web: www.terrysberries.com

Directions: Two miles from I-5, exit 135 toward Puyallup on River Rd, two miles on the right.

27 Duris Farm

We grow and sell direct from our farm market fresh strawberries, green beans, pickling & slicing cucumbers, zucchini, yellow squash, and dill. U-Pick strawberries at our Kent field, at corner of Washington & Frager Road. Farm Market features all our own produce plus fruits and vegetables from other Washington farms. You'll find everything you need to make your own delicious pickles. Cold-Pack pickle demos on Saturdays during pickling season.

Open: Strawberry season, 9 am - 3 pm, June, and cucumber season, 9 am - 6 pm, August - September.

Address: 6012 - 44th St E, Puyallup

Tel: (253) 922-7635

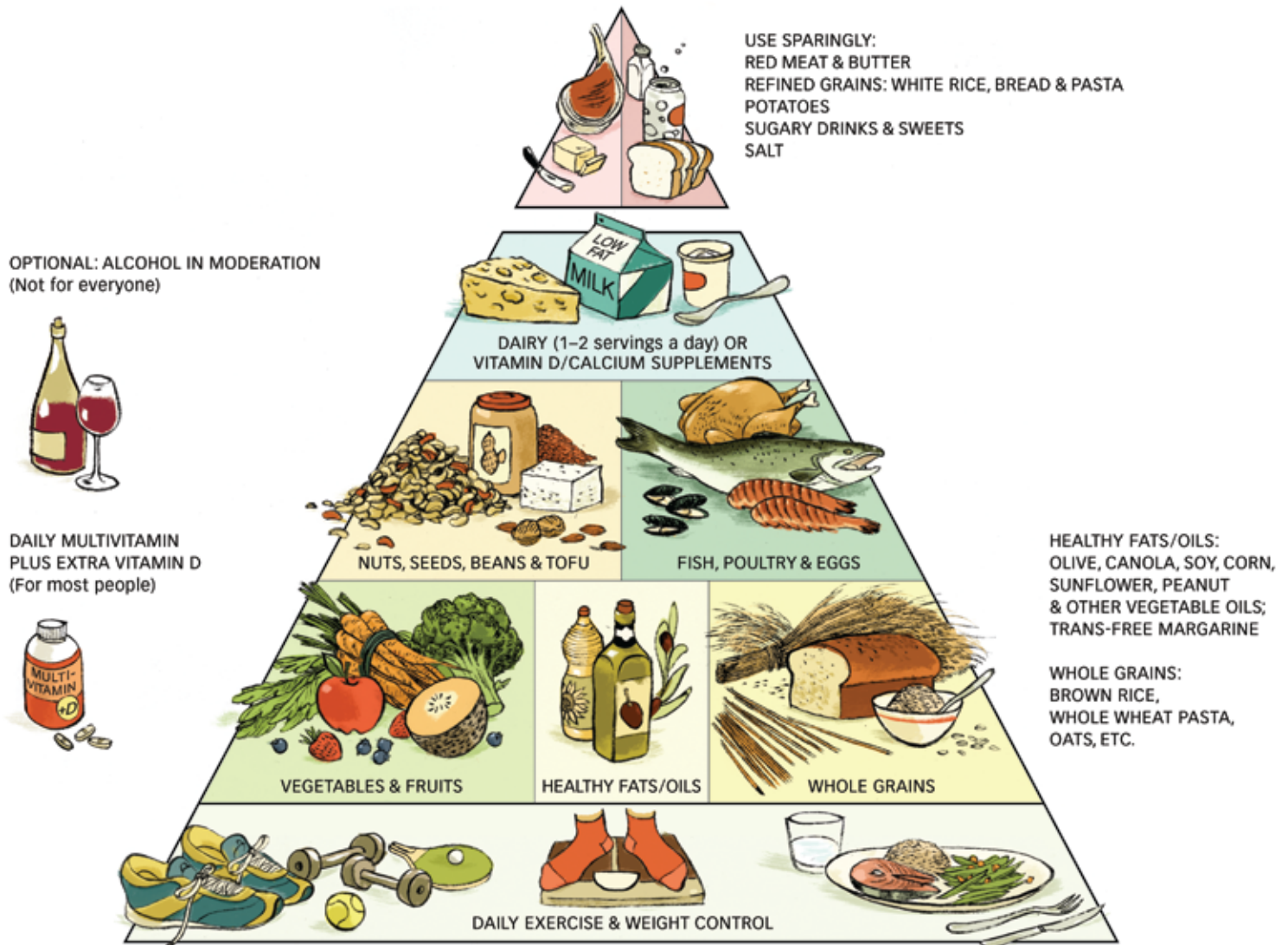
Directions: Midway between Puyallup and Tacoma on Hwy 167-River Road Hwy.

28 V2Farm

Folks visiting interact with farm animals; explore West Town, Indian Tipis by the pond (dedicated wildlife Natural Habitat). Brick Barn offers extreme indoor straw maze, also milk parlor/meeting room available for groups. Corn Maze & Pumpkin Patch is

THE HEALTHY EATING PYRAMID

Department of Nutrition, Harvard School of Public Health



For more information about the Healthy Eating Pyramid:

WWW.THE NUTRITION SOURCE.ORG

Eat, Drink, and Be Healthy
by Walter C. Willett, M.D. and Patrick J. Skerrett (2005)
Free Press/Simon & Schuster Inc.

playtime on the farm. '09 theme 'Pirates on the Plateau' the thrilling corn maze event October weekends. Proclaimed Best Farm Hay Ride in '08! Spring, Summer, Fall group field trips \$5.

Open: by appointment.

Pirates on the Plateau Corn Maze

Adventure: Daily, 10 am - 5 pm, October 1-31; Saturday evenings, 7 - 10 pm; Mon - Thurs evenings by appointment for groups.

Address: 20613 SE 436th St, Enumclaw

Tel: (206) 353-6695

E-mail: cowboy@v2farm.com

Web: www.v2farm.com

Directions: Take SR 18, exit Auburn/Enumclaw (Hwy 164), 11 miles on right.

of ecologically sound practices mean the 2,030 plants bear the best, healthful fruit on the varied cultivars. Enjoy the U-Pick experience; taste the difference. Bring the family. Pick for fresh use or to freeze.

Open: Daily when fruit is ripe (approx. mid July), 9 am - 7 pm. See website.

Address: 1201 S Fruitland, Puyallup

Tel: (253) 229-6438

E-mail: blubryfrmr@clearwire.net

Web: www.linbobblueberries.com

Directions: From I-5, take Puyallup exit to downtown Puyallup. From Hwy 167 (Valley Freeway) go to end. Take left to downtown Puyallup. Take Meridian toward fairgrounds. Right on 7th Ave SW, follow to end at S Fruitland. Left on S Fruitland, uphill about one mile. Farm on left at 12th Ave SW. Detailed directions on website.



31 Spooner Farms

Family owned since 1882. Still growing the best Washington berries for you. Start your summer with our daily picked strawberries. In July and August we harvest raspberries, blackberries,

blueberries and corn. Come for a taste of our homemade berry fudge or a fruit smoothie. Jam making supplies, seasonal gifts and food. Fall time at Spooner's is great family fun. U-Pick 47 varieties of pumpkins, gourds and squash. Giant themed corn maze, homemade caramel apples, animals, activity barn and pumpkin sling shots. Great fall decorating, gifts and concessions. We also offer October booked school tours Monday to Friday.

Open: Daily, 9 am - 5 pm, June - October.

Address: 9710 State Route 162 E, Puyallup

E-mail: aspooner@spoonerfarms.com

Directions: (253) 840-2059

32 Scholz Farm

We feature vegetable starts, flowers, and hanging baskets; fresh seasonal fruits and vegetables including rhubarb, strawberries, raspberries, blueberries, green beans, and our famous sweet corn. Also fresh custom-grown fruits and vegetables from our friends in Yakima. First Saturday of October: 10am kicks off our fall harvest season with the Annual Giant Pumpkin Competition. Plus: a free corn maze, farm animals, pumpkins, painted pumpkins, gourds, squash, and a variety of other fall crops. During October, farm tours by reservation.

Open: Wednesday - Sunday, 9 am - 6 pm, April and May; daily, 9 am - 6 pm, June - October.

Address: 12920 State Route 162 E, Orting

Tel: (253) 848-7604

E-mail: scholzfarm@msn.com

33 The Meat Shop of Tacoma

The oldest Certified Organic Meat Shop in the Nation, offering the largest complete selection of Certified Organic Beef, Poultry and Cheeses, Chemical Free Cured Meats and Sausages, Naturally Grown Pork, Bison, and Lamb. For people who believe that organically produced food free from chemicals is essential to good health, we offer an assortment of highest quality certified organic meat and poultry that combines good taste with good nutrition.

Open: year-round. Spring & Summer: Tuesday - Friday, 10 am - 6 pm; Saturday, 10 am - 5 pm; closed Sundays. Fall & Winter: Monday - Friday, 8 am - 6 pm; Saturday, 10 am - 5pm; closed Sunday and holidays.

Address: 13419 Vickery Ave E, Tacoma

Tel: (253) 537-4490

E-mail: organicmeatshop@att.net

Web: www.meatshopoftacoma.com

29 Take Root Farm

Enjoy a share of the harvest at Take Root Farm and get fresh, chemical-free produce year round. Fresh-picked vegetables and a variety of organic fruit. Members enjoy adding FREE U-Pick items like flowers, herbs and greens as they are in season. We are conveniently located between Bonney Lake and Buckley.

Open: See website for days/hours.

Address: 24416 Buckley-Tappes

Hwy E, Buckley

Tel: (253) 891-FARM

E-mail: takeroot@msn.com

Web: www.takerootfarm.com

30 Linbo Blueberry Farm

The natural bog of this over 60-year-old blueberry farm and the eleven seasons

Here's how you can have your own piece of the farm...

Community Supported Agriculture (CSA) is a unique program where you buy a "share" from a local farm, and in return, receive your own farmers market in a box each week during the growing season. Some farms deliver boxes or have a central pick-up location; others require "on-farm pick-up." To learn more, visit www.pugetsoundfresh.org/pdf/PSF-CSA-Directory.pdf.

Boistfort Valley Farm

Location: Curtis

Tel: 360-245-3796

Email: info@boistfortvalleyfarm.com

Web: www.boistfortvalleyfarm.com

Distribution: Seattle; Kirkland; Tukwila; Tacoma; Olympia; Chehalis; Centralia; Mercer Island; on-farm pick-up

Information: \$480/small; \$600/family, 20 weeks starting in June. Certified organic. Bulk winter shares available in November/December. Flowers and fruit available

Take Root Farm

Location: Buckley

Tel: 253-891-3276

Email: info@takerootfarm.com

Web: www.takerootfarm.com

Distribution: On-farm pick-up

Information: Regular and small share sizes; prorated sharepricing, 20 weeks starting in June. Herbs, flowers available.

Whistling Train Farm

Location: Kent

Tel: 253-859-5197

Email: shelley@whistlingtrainfarm.com

Web: www.whistlingtrainfarm.com

Distribution: Seattle, on-farm pick-up

Information: \$550/large; \$350/small-share, 20 weeks starting in June

Full Circle Farm

Location: Carnation

Tel: 425-333-4677

Email: csa@fullcirclefarm.com

Web: www.fullcirclefarm.com

Distribution: Seattle, King County, on-farm pick-up

Information: Pay per box: \$48/large; \$39/medium; \$30/small, year-round. Additional local, artisan products available

Helsing Junction Farm

Location: Rochester

Tel: 360-273-2033

Email: orders@helsingfarmcsa.com

Web: www.helsingfarmcsa.com

Distribution: Tacoma, Portland, Olympia, Seattle

Information: \$450/regular; \$650/large; \$50/bulk or storage; \$100/flower-share, 18 weeks starting in June. Certified Organic





King County Councilmember
Pete von Reichbauer

Metropolitan King County Council
516 Third Avenue, Room 1200
Seattle, WA 98104-3272

Farm Fresh guide
to local farmers markets and
farms in south King County

PRSRT STD
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Seattle, WA
Permit No. 1788

South King County Summer Events

South King County Flag Day Celebration

Saturday, June 13, 10:00 am
Federal Way King County Aquatic Center

King County Council Town Hall

Wednesday, June 17, 6:00 pm
Auburn Riverside High School

Federal Way Red, White, and Blues Festival

Saturday, July 4, 6:00 pm
Fireworks at 10:15 pm
Celebration Park

Fourth of July Splash - City of Kent

Saturday, July 4, noon to 11:00 pm
Lake Meridian Park

Auburn Fourth of July Festival

Saturday July, 11:00 am to 4:00 pm
Les Grove Park

Kent Cornucopia Days

July 9-12
For more information: www.kcdays.com

Pacific Days

July 10-12
For more information: www.pacificpartnerships.org

King County Fair-Enumclaw

July 16-18
Enumclaw Expo Center

Algona Days

July 18-19
For more information:
www.cityofalgona.com/Algona1/photogallery.asp

Auburn Good Ol'Days

August 7-9
For more information: www.auburngoodolddays.com